Pre-Deployment

General Eligibility

- Active duty, National Guard and Reserve Component service members
- Immediate family members
- Coast Guard when activated with the Navy
- Civilian Expeditionary Workforce

Private and Confidential

Privacy is protected

- Your personal information will not be
  - Provided to the military or chain of command
  - Shared with family or friends
  - Released to other agencies

Privacy Exceptions

- Duty to warn
- Suspected family maltreatment (domestic violence, child or elder abuse or neglect)
- Harm to self or others
- Illegal activity

Range of Support

Military OneSource: Something for Everyone

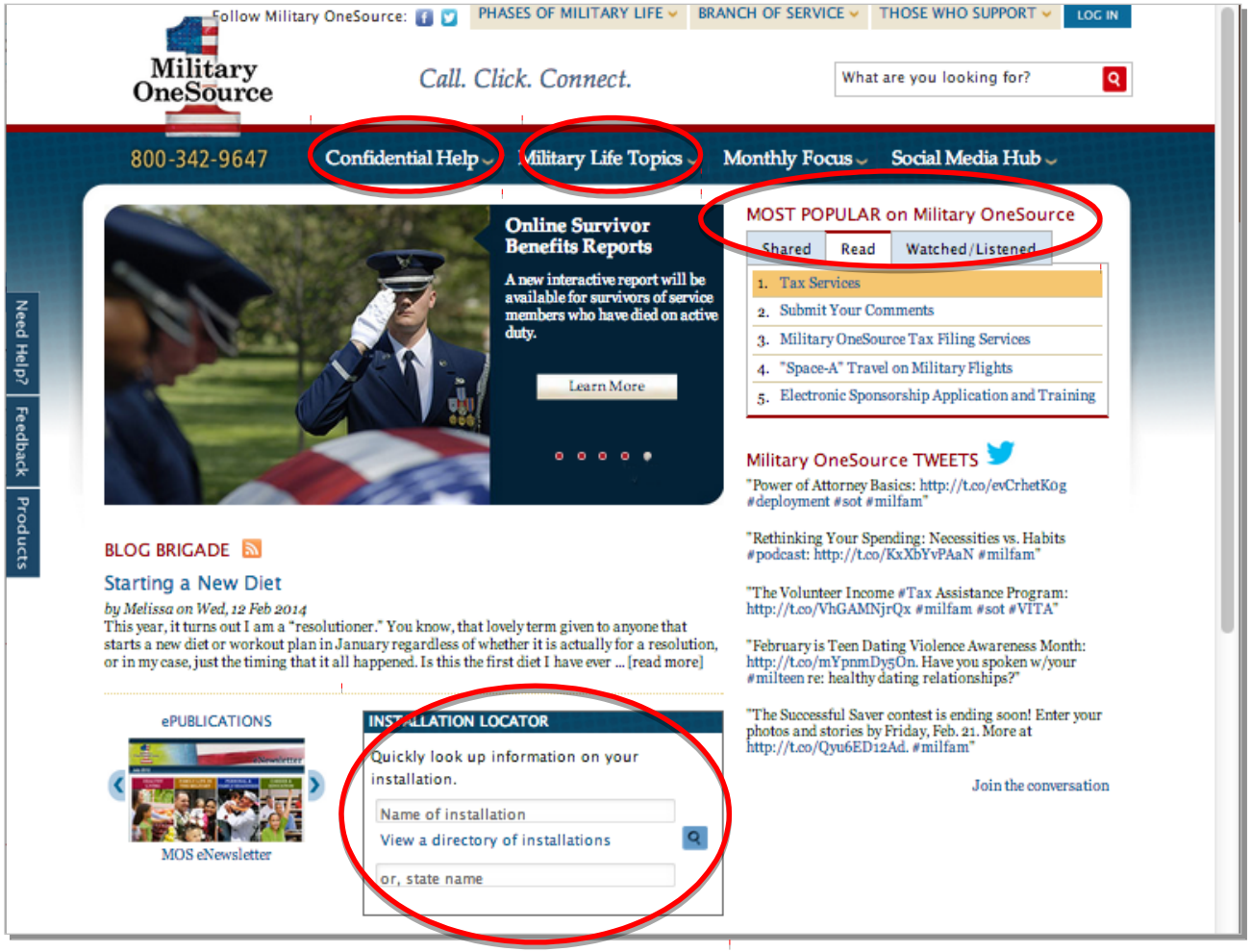
- Did you know Military OneSource has…
  - Smart shopping tips (audio clips)
  - Planning for your golden years (video)
  - Connecting with your child (booklet)
  - Dealing with your stress (downloadable)
  - Disaster preparation (webinar)

Military OneSource

Our Websites

Military OneSource

Military OneSource Homepage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A new interactive report will be available for survivors of service members who have died on active duty.
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Military OneSource TWEETS
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"Rethinking Your Spending: Necessities vs. Habits #podcast: http://t.co/KxXbYvPAaN #milfam"
"The Volunteer Income #Tax Assistance Program: http://t.co/VhGAMNjrQx #milfam #sot #VITA"
"February is Teen Dating Violence Awareness Month: http://t.co/mYpnmDy5On. Have you spoken w/your #milteen re: healthy dating relationships?"
"The Successful Saver contest is ending soon! Enter your photos and stories by Friday, Feb. 21. More at http://t.co/Qyu6ED12Ad. #milfam"
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Starting a New Diet
by Melissa on Wed, 12 Feb 2014
This year, it turns out I am a "resolutioner." You know, that lovely term given to anyone that starts a new diet or workout plan in January regardless of whether it is actually for a resolution, or in my case, just the timing that it all happened. Is this the first diet I have ever ... [read more]
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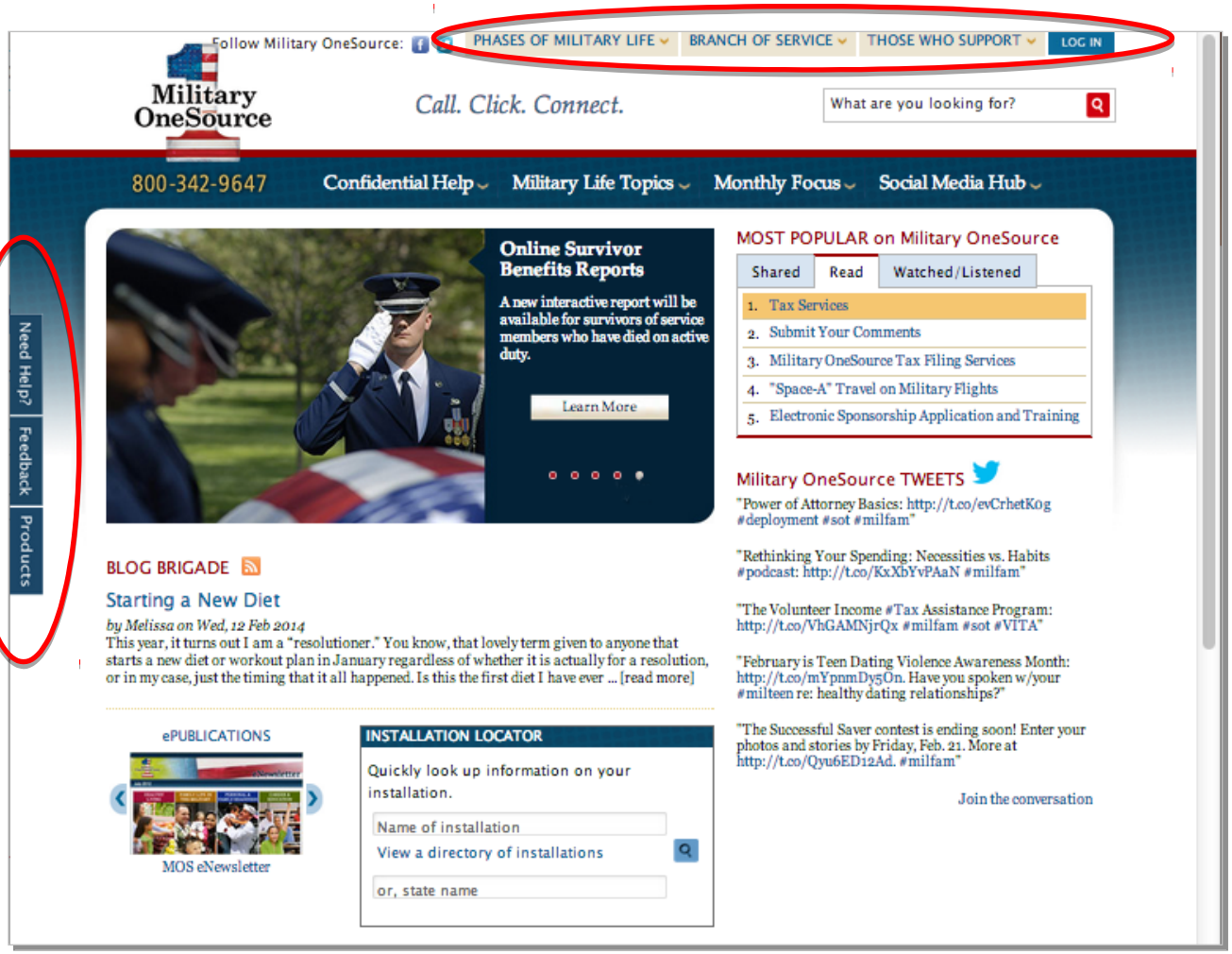
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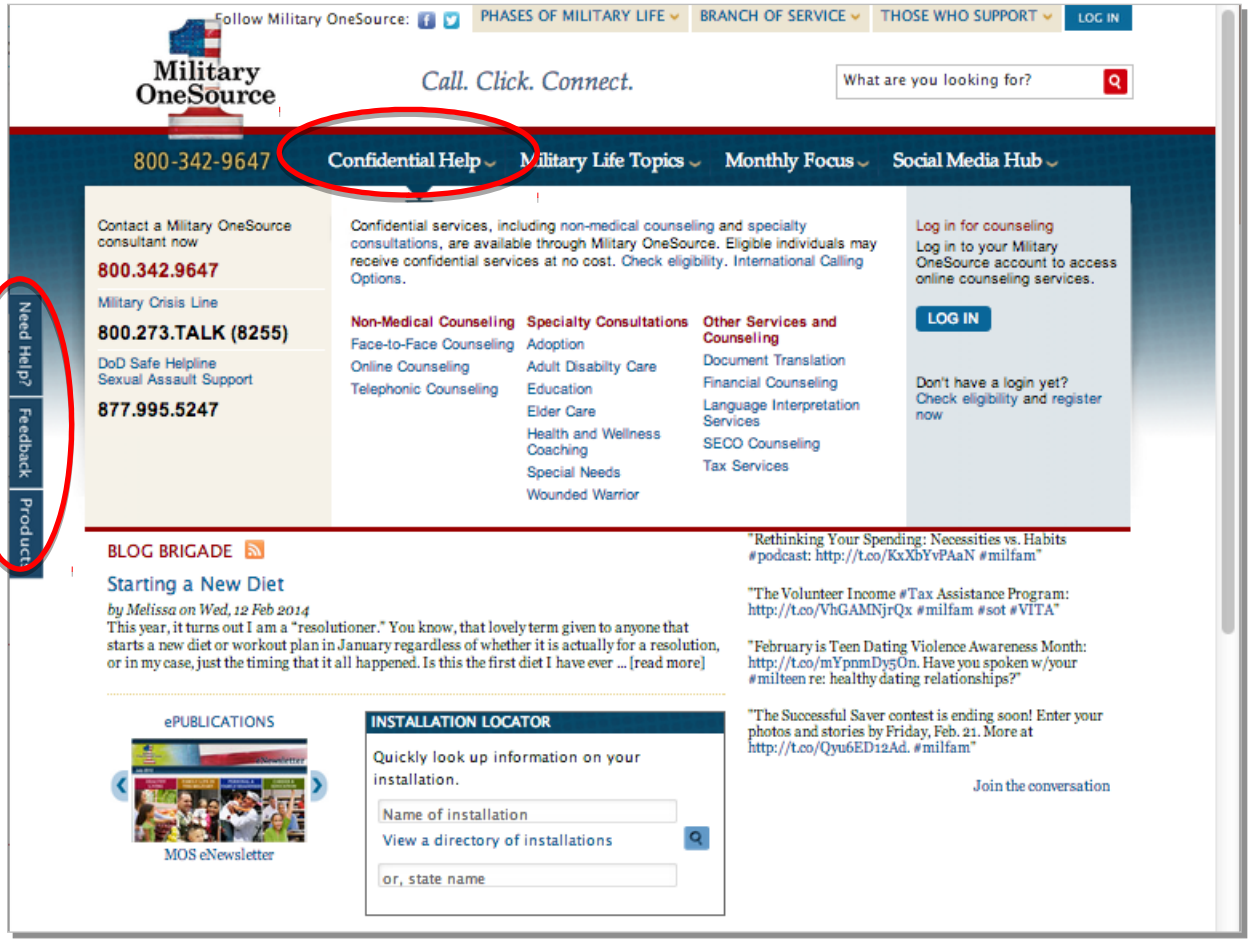
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800.273.TALK (8255)
DoD Safe Helpline
Sexual Assault Support
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Product
Confidential services, including non-medical counseling and specialty consultations, are available through Military OneSource. Eligible individuals may receive confidential services at no cost. Check eligibility. International Calling Options.
Non-Medical Counseling
Face-to-Face Counseling
Online Counseling
Telephonic Counseling
Specialty Consultations
Adoption
Adult Disability Care
Education
Elder Care
Health and Wellness Coaching
Special Needs
Wounded Warrior
Other Services and Counseling
Document Translation
Financial Counseling
Language Interpretation Services
SECO Counseling
Tax Services
Log in for counseling
Log in to your Military OneSource account to access online counseling services.
LOG IN
Don't have a login yet?
Check eligibility and register now
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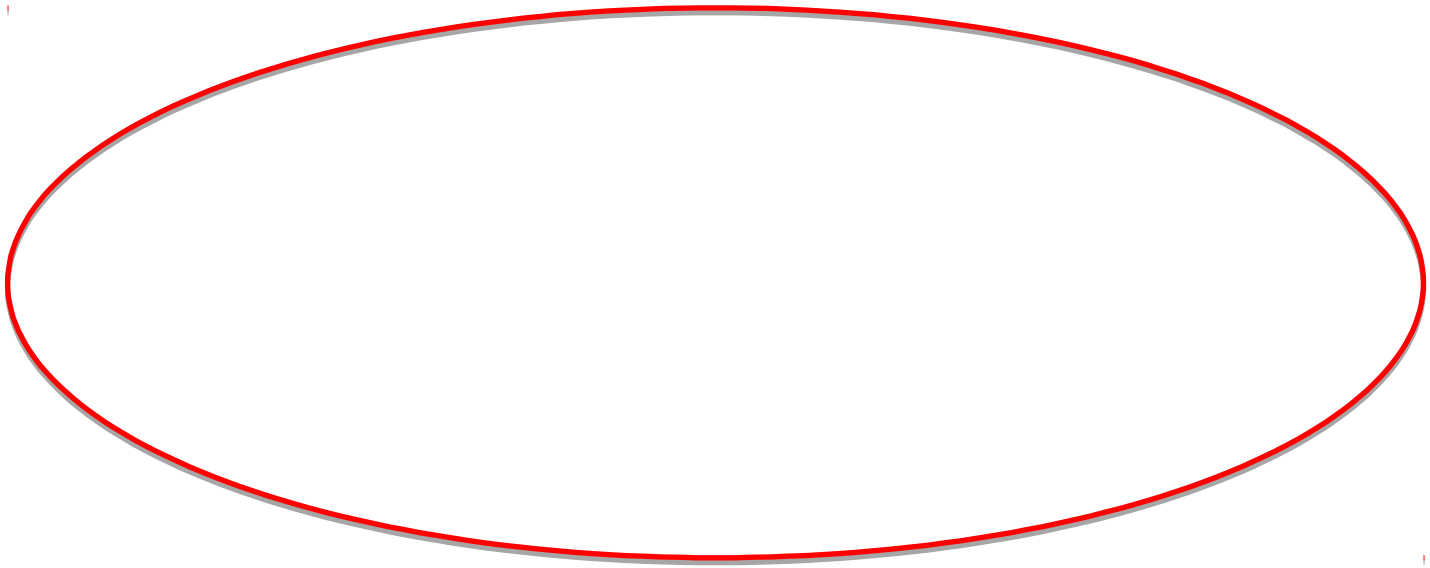
Plan My Deployment



Maintaining the Homefront

Remember everyone who is impacted, and identify potential needs and resources.

- Spouses
- Children
- Extended family
- Friends
- Significant others

Service Members

Topics

- Preparing yourself financially and legally
- Equipping yourself physically
- Taking care of your property and pets
- Ensuring your family is covered

Resources

- “The Service Members' Civil Relief Act”(article)
- “Sleep in Combat Operations” (pocket kit)
- “Double Duty” and “Over There” (CDs)
- “Getting Your Vehicle Ready for Storage” (article)
- “Preparing a Family Care Plan” (article)

Spouses and Significant Others

Topics

- Preparing yourself emotionally
- Ensuring your home and life are ready
- Getting your family unit equipped

Resources

- “These Boots” (CD)
- “Preparing for Deployment: The Home Side” (article)
- “Managing the Emotional Cycle of Deployment when your Spouse is Deployed” (article)

Children

Topics

- Preparing your children
- Interacting and connecting with your children
- Entertaining and educating your children
- Reviewing child care options

Resources

- “Sesame Street: Talk, Listen and Connect: Deployments, Homecomings, Changes” (DVD)
- “Choosing a Caregiver for your Child while you’re Deployed” (article)
- Sittercity ®

Teens

Topics

- Preparing your teens
- Interacting and connecting with your teens
- Entertaining and educating your teens

Resources

- “Teenagers and Deployment” (article)
- “Staying Involved in your Child's or Teenager's Life when you're Deployed”
- “Helping Children Cope During Deployment” (article)
- Tutor.com™

Extended Family and Friends

- Military OneSource
- MilitaryINSTALLATIONS
- Caregiver resources

Financial Services

Financial Counseling

- Budgeting and general financial management
- Debt management
- Housing counseling

Financial Planning

- Investing
- Retirement planning
- Planning for college
- TSP/401K/Pensions
- Traditional and ROTH IRAs
- Assistance in selecting a certified financial planner in the local community
- Tax questions and preparation

Health and Wellness Coaching

- Individual coaching sessions
  - Telephone-based
  - Online
- Health and wellness issues
  - Weight loss
  - Fitness and exercise
  - Nutrition
  - General health (stress management, resiliency, etc.)
- Health risk assessments
  - Individualized plans
  - Goal setting
  - Outreach and engagement
- Self-directed coaching
  - LivingEasy ™
  - LivingLean ™
  - LivingFit ™
  - LivingFree ™

Career

Topics

- Choosing a career
- Finding a job
- Effectiveness at work
- Management skills

Resources

- Spouse Education & Career Opportunities Center
  - Career assessments
  - Employment readiness
    - Web links
    - Newsletters
- Military Spouse Employment Partnership

Education

Topics

- K-12 education
- Adjusting to college
- Financial aid and scholarships
- Alternatives to college
- Continuing education

Resources

- School locators
- DoD Morale, Welfare and Recreation Libraries Education Resource Center
- College Navigator
- Military Spouse Education Resource Guide
- Military Spouse Employment Partnership
- Spouse Education & Career Opportunities Center

Spouse Education and Career Opportunities Program

Military Spouse Career Center at Military OneSource

- **Spouse Education and Career Opportunities comprehensive counseling service available to ALL military spouses.**
- **Career exploration and discovery**
- **Education, training and state licensing/credentialing requirements**
- **Employment readiness**
- **Career connections**
- https://www.militaryonesource.mil/ **and** https://myseco.militaryonesource.mil

My Career Advancement Accounts Scholarship Program

- **Financial assistance for spouses of Service members in pay-grades of E1-E5, O1-O2 and W1-W2**
- **Up to $4,000 for education/training and license/credential in a portable career**
- **Financial assistance provided to more than 43,000 spouses in fiscal year 2012**
- **https://aiportal.acc.af.mil/mycaa/**

Military Spouse Employment Partnership

- **Web-enabled employment and career partnership connect military spouses with vetted Fortune 500 PLUS employers – 231 corporate partners**
- **Partners' Statements of Support to increase employment, provide career promotion opportunities and ensure pay equity for military spouses**
- **Spouse Ambassador Network**
- **https://msepjobs.militaryonesource.mil/**

YMCA Services

Eligibility

- Families of deployed Guard and reserve (Title 10 only)
- Deployed at least six months
  - Memberships renewed in six month increments
  - Up to 18 months as long as usage requirements met

Respite child care

- Up to 16 hours per month, per child
  - Age 12 and under
  - Age limits and availability differ at participating YMCA's
- Links
  - www.militaryonesource.mil
  - www.ASYMCA.org

Social Media Hub

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Tweet 0
+1 1
Share
Military OneSource
Find information to support you through every phase of military life.
Military Community and Family Policy
Join the conversation on the latest quality of life information and policies.
Military Spouse Employment Partnership
Stay informed of latest career opportunities and connect with other military spouses.
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Use It Up, Wear It Out, Make It Do or Do Without!
by Kelli on Thu, 21 Feb 2013
During the Great Depression, just prior to the U.S. involvement in World War II, the phrase "Use it up, wear it out, make it do or do without" was more than a family adage; it was a national truism. Today's national truism is "Get it now, get it fast and if it breaks, get a ... [read more]
VIDEOS
All Videos
CJCS with Rosita singing "Sunny Day"
May 10, 2012 | 495 Views
PODCASTS
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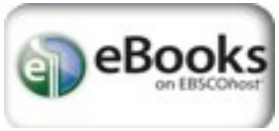
Disaster Preparedness
Listen (4:12 minutes)
Transcript (PDF)
MOBILE
Call. Click. Connect. Right from the palm of your hand! Go mobile!
Upcoming WEBINARS
All Webinars
Select a title to learn more and register.
Mar. 12 Moving with an IEP - 10:00 a.m. EST
Mar. 14 Moving with an IEP - 6:00 p.m. EST
View all webinars
Looking for past webinars? View the archives.
DISCUSSION BOARDS
An online platform where participants can discuss topics related to military life that are important to service members and their families.
MODERATED CHATS
Live, interactive online events where you can share your ideas, opinions, and experiences on a variety of topics.
WIDGETS
Widgets are online applications that display featured information on your web page, blog, social networking site, or other sites.
SOCIAL MEDIA GUIDE (PDF)
Guidelines structured to provide open, interactive social media channels where all users can engage and connect.

Online Library Resources

Audio books, e-books, research, tutoring, exam prep, résumé builder and more!



Military OneSource

Access

You can expect:

- 24/7/365 worldwide access
- Master's-level consultants to answer your questions
- Objective, experienced and caring people
- Up-to-date and useful information
- No cost
- A commitment to quality

Toll-Free telephone
800-342-9647

MilitaryOneSource.mil

m.MilitaryOneSource.mil

Email your questions
to a consultant

Interaction with trained
outreach professionals

Military OneSource

Questions?

Call. Click. Connect.

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